OTTAWA metro®

NEWS WORTH SHARING.

A cold-blooded home invasion

Kaitlyn Scott, 23, tells an Ottawa jury about seeing her boyfriend shot by masked intruders PAGE 3

No NBA experience? That's no problem

With the 2016 NBA all-star game set for T.O., the Raptors look to rapper Drake for rebranding PAGE 6

New captain, new division, new season

Post-Alfie, the Sens roster is young and cost-effective, with only five players over age 30 PAGE 21

'Tough love didn't work'

Donna May's 34-year-old daughter was a hardcore IV drug user who died of flesh-eating disease, which she got from a dirty needle. Now May is helping advocate for a safe injection site in Ottawa PAGE 4

DENIS ARMSTRONG/FOR METRO

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‘He made a movement and he was shot’

Testimony. Woman tells court how home invaders executed her boyfriend in cold blood

JOE LOFARO
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A 23-year-old woman broke down in tears Monday as she described to an Ottawa jury how her high school sweetheart, Michael Swan, was killed in front of her after three masked men broke into his Barrhaven home and shot him at point-blank range.

A couple hours after the home invasion on Moodie Drive in the early morning of Feb. 22, 2010, the OPP arrested three Toronto men outside of Brockville. Two of those men — Kristopher McLellan and Kyle Mullen, both 23 — are now on trial, accused of first-degree murder.

Kaitlyn Scott said she was watching TV with Swan, then 19, and a friend, Tyler Tanguay, around 12:30 a.m. Suddenly, she saw three men in balaclavas run down the hallway toward them in Swan’s bedroom.

She described the intruders as two white men and one dark-skinned man, dressed from head-to-toe in black.

“They told us, ‘Get down on your knees, put your phones in front of you, and put your hands up,’” she said.

Scott said the tallest man demanded to know where Swan — who she described as a drug dealer — kept his money and stash of marijuana.

She said they all swore they didn’t know, but the men kept demanding answers.

“I think Mike replied, ‘I don’t know.’ He made a movement and he was shot,” said Scott, adding that she watched him take his last breath.

She said he was shot through the upper-right shoulder by the man who did most of the talking.

“At one point I went to touch (Mike), and then they told me not to move and that he would be OK,” she said, trembling.

They started “ransacking” the home, and Scott recalled the shooter asking her, “Where are the video games? I have a kid.”

She said the men took her, Tanguay and two other friends who lived inside the home to a sauna in the basement.

They were told not to leave or call the police or else they would be killed, she said. They waited “maybe six minutes, but it felt like hours,” before they left and called 911, Scott recalled.

The trial continues Tuesday.

Other suspects

A fourth man, Sam Tsega, who allegedly led the men to the Barrhaven home but was not present at the time of the killing, will go on trial in 2014 for first-degree murder.

- The third alleged intruder, Dylon Barnett, will face the same charge in 2014.

Kaitlyn Scott, left, leaves the Ottawa Courthouse. The former girlfriend of homicide victim Michael Swan recounted the events of the deadly home invasion and seeing Swan shot to death. MIKE CARROCCETTO/METRO

2nd-hand smoke. City gets worst rank for public space

Ottawa has Canada’s worst rates of exposure to second-hand smoke in public places, according to a report released Monday.

Population Health in Canada’s Largest Cities, published by the Canadian Partnership Against Cancer, ranked Ottawa worst when it comes to breathing in places like parks and bar patios.

While less than six per cent of residents of Saskatoon are exposed to second-hand smoke in public, that percentage is 17.8 per cent in Ottawa. Toronto was second worst at 16.5 per cent.

The report measured selected cancer risk factors in Canada’s largest municipalities, such as smoking, alcohol consumption, exercise, weight and diet.

TORSTAR NEWS SERVICE

Ivory Coast

La Cite to train police in Africa

La Cite collegiale is partnering with a policing academy in Abidjan, the Ivory Coast. Under a five-year agreement, La Cite will train 10,000 Africans in security and municipal police services. It will also be involved in creating a National School of Municipal Police.

DENIS ARMSTRONG/FOR METRO

Serious injuries

Trio charged in Little Italy stabbing

Police have arrested three people in connection with a Sunday morning stabbing on Preston Street.

Police say that just before 2 a.m. a man and woman were sitting on a bench when two women and another man walked past them and began an argument. The dispute escalated, until one man stabbed the other. The victim was sent to hospital with serious injuries.

The trio fled the scene after stealing the female victim’s purse. Soon after, police arrested three suspects.

Marston Rice, 39, has been charged with aggravated assault, assault with a weapon and possession of a dangerous weapon. Heather Phelan, 35, has been charged with assault and theft. Deanna Taudien, 25, has been charged with assault. JOE LOFARO/METRO

Proponents of safe injection site face tough questions

Lowertown. 62% of residents in door- to-door survey agree neighbourhood has drug problem, and 77% think supervised site is a good idea, say medical professionals, activists

DENIS ARMSTRONG
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With as many as 6,000 IV drug addicts getting their fix every day on the street, it's time Ottawa got a safe injection site, and the Murray St. Community Centre is a good place to start, say proponents of a plan to put such a site in Ottawa.

Medical professionals and community activists behind the Campaign for Safer Consumption Sites on Monday presented a mockup of a safe injection site, complete with cubicles with disposable needles and a canister in which to dispose of used syringes.

Website

The Campaign for Safer Consumption Sites in Ottawa website is cscsottawa.ca.

Donna May, one of several guest speakers on hand for an open-house tour of the site, told reporters that her 34-year-old daughter had been a hardcore IV drug user who died of flesh-eating disease, which she got from a dirty needle in July 2012. Her daughter was also a mother of three children.

"Her addiction took her away from me," May said. "Tough love didn't work. It made her vulnerable, alone with her addiction. A supervised injection site would have rehumanized her."

According to the campaign, an average of three to four addicts die of fatal overdoses each month, and of the 1,277 drug-overdose calls that paramedics received in 2011, 36 involved deaths.

Over 20 per cent of all HIV infections come from addicts sharing dirty needles, according to the Public Health Agency of Canada.

"Just because drug users engage in illegal activities doesn't mean that they forfeit their human rights," said Dr. Mark Tyndall. "The health issue is bigger than the criminal issue."

However, one local resident who didn't wish to be identified said he didn't want to see an injection site in the neighbourhood, period. "I'm 70 years old and I'm concerned about all the drug users, dealers and criminals that will come here," he said. "The neighbourhood's already bad enough."

"This location makes sense because this is where the users already are," said Tyndall, who noted that three of the city's biggest shelters, The Mission, the Shepherds of Good Hope and the Salvation Army are within five blocks.

The annual cost of running the site is estimated at between $5000,000 and $1 million.

People gather outside a mock safe injection site staged at 216 Murray St. on Monday. DENIS ARMSTRONG/FOR METRO

New facility allows new mothers to save a life as they cut the cord

Sue Smith CONTRIBUTED

Canada's first national public blood bank for umbilical cord blood began taking donations at the Ottawa Hospital on Monday.

Canadian Blood Services said that mothers giving birth at the hospital will be able to donate their baby's umbilical cords to a new facility at 40 Concourse Gate, where instead of being discarded, the stem-cell-rich cords can be kept in freezers as cold as minus 200 C indefinitely.

More than 1,000 Canadians suffering blood cancers like leukemia, lymphoma and multiple myeloma and immune disorders like aplastic anemia are on waiting lists for a stem cell transplant.

Healthy pregnant women aged 18 or older and more than 34 weeks in their pregnancy can donate their umbilical cord blood with their signed consent.

When planned blood banks in Brampton, Edmonton and Vancouver are up and running in 2014, Canadian Blood Services hope to collect 18,000 cord blood units over the next six years.

Until today, Canada was the only G8 country that didn't have a national cord blood bank.

Canadians looking to save or secure blood stem cells had to go to privately-owned cord blood banks.

"Canadians have been dying because we didn't have the blood stem cells needed," said the Canadian Blood Service's executive director of stem cells, Sue Smith.

"More Canadians and people around the world will survive because we now have the blood stems cells they need."

DENIS ARMSTRONG/FOR METRO

Lansdowne Park marks first steps in redevelopment

Frank Clair Stadium. With first football game only nine months away, it's going to be a tight-end finish

MIKE CARROCCETTO
ottawa@metronews.ca

Monday truly would have been a splendid fall day for a football game, but instead of the smell of freshly mown grass (or Astroturf) and hot-dogs, the only smell in the air at the new Lansdowne Park was concrete dust.

With the Ottawa Redblacks kickoff only nine months away, construction continued during a press conference held to showcase the revitalization work going on at the new Frank Clair Stadium.

The people behind the redevelopment of Lansdowne Park — Ottawa Sports and Entertainment Group (OSEG) — took a bus load of about 60 people, including a large contingent of media, the mayor, at least eight city councillors, plus a group of OSEG employees, on a multi-level tour of the south-side stands.

Fittingly, OSEG is promising to take the Ottawa outdoor sports experience to another level.

"Sorry for all the noise," said Francis Pomerleau, senior vice-president of construction firm Pomerleau, as he stepped up to the podium.

About 800 men and women buzzed all over the 40-acre site, many within the view of media camera lenses shooting from the stunning upper deck.

Roger Greenberg, an OSEG partner, said construction is "on schedule, but it's going to be tight. We knew it would be tight.

Quoted

"Lansdowne has been five years in the making, but come the first of July it should be ready."

Roger Greenberg, OSEG partner

"Lansdowne has been five years in the making, but come the first of July it should be ready. We will talk to the CFL to build in flexibility."

With the shell of the stadium structure already erected, work will now shift to completing the interior, Greenberg said.

CFL Commissioner Mark Cohon told reporters he's excited about the Redblacks' debut next year and about the prospect of one day bringing the Grey Cup game — and all the economic activity that comes with it — to Ottawa.

Mayor Jim Watson, Greenberg and Cohon then walked to the back of the south-side stands and placed a ceremonial plaque in the final slab of cement that was poured in the stadium structure, smoothing out the concrete with trowels to mark its completion.

Redblacks general manager Marcel Desjardins, charged with building the team on the field, was on hand to get a closeup look at the new digs.

"It's fun to see (the stadium) taking shape," he said.

By mid-December, the CFL team Desjardins is building from scratch will start to take shape, too.

Construction crews continue work on the new south-side stands at Frank Clair Stadium on Monday. MIKE CARROCCETTO/FOR METRO

Mayor Jim Watson, left, and CFL Commissioner Mark Cohon take in the view from inside the new south-side stands at Frank Clair Stadium in Ottawa on Monday. MIKE CARROCCETTO/FOR METRO

Where it's at

- **Seats.** The south-side stands will hold about 10,000 fans, with about 1,000 of those being premium-suite and club seats.
- **Offices.** The south-side stands will also house future locker rooms and CFL and soccer team offices still under construction.
- **Coming up.** The next big milestone at the south-side stands will be the start of construction of the Veil — a wooden surround that will cover the exterior of the south-side stands — in October.
- **Keep up.** Construction updates are available at ottawa.ca/newlansdowne or by following the on Twitter: @ottawacity, #Lansdowne.

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Editor maps the Road to the NHL

A must read! Philip Croucher of Metro Halifax tells 25 stories of Maritimers making it up the long and winding path to the big leagues

DAVE LANGFORD
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The road to the NHL takes many different twists and turns for players seeking their first glimpse of the sights and sounds of a National Hockey League arena.

None more difficult than the path taken by Fredericton's Willie O'Ree.

More than 10 years after Jackie Robinson broke the colour barrier in major-league baseball, O'Ree had the same distinction in the National Hockey League.

The date was Jan. 18, 1958, and O'Ree was a Boston Bruins farmhand called up from the Quebec Aces for his first game. The site was the old Montreal Forum, and there was little fanfare.

"I didn't know what I had done until I read the papers. It was the media that gave me the name 'the Jackie Robinson of hockey.'"

The story is one of the favourites in a new book, written by Metro Halifax managing editor Philip Croucher, titled Road to the NHL: The incredible stories of 25 Maritimers making it to The Show.

Croucher said it was a "privilege" to talk to O'Ree more than 50 years after that ground-breaking day.

"The big thing was not just the racism he felt," Croucher said. "He also was playing basically with one eye. A lot of people forget that. Not only was he dealing with constant racist chants while he was playing, but he was also not able to physically see like he wanted to."

Croucher said O'Ree's inclusion in the book was an easy one, but it wasn't as simple making all the choices.

He said the book deals with the path to the National Hockey League and not the events that happened once they got there.

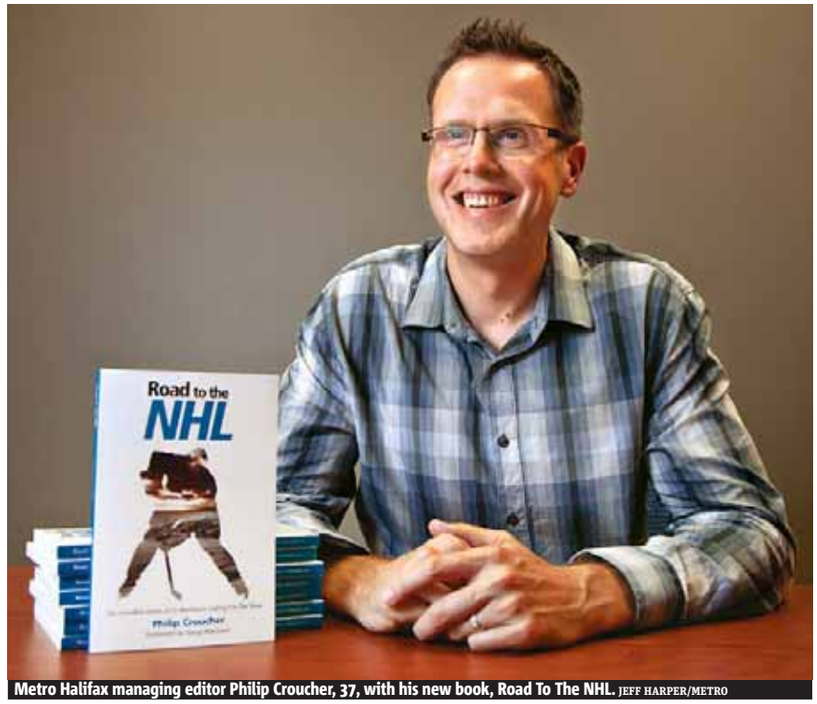
The Road to the NHL contains 25 great hockey stories. Great yarns all.

The players profiled

1 Nova Scotia. Eric Boulton, Sidney Crosby, Norm Ferguson, Lowell MacDonald, Al MacInnis, Paul MacLean, Brad Marchand, Mike McPhee, Glen Murray, Jody Shelley, Colin White.

2 New Brunswick. Mike Eagles, Danny Grant, Randy Jones, Rollie Melanson, Willie O'Ree, Scott Pellerin, Don Sweeney.

3 Prince Edward Island. Gerard Gallant, Forbes Kennedy, Al MacAdam, Billy MacMillan, Bobby MacMillan, Adam McQuaid, Brad Richards.



Metro Halifax managing editor Philip Croucher, 37, with his new book, Road To The NHL. JEFF HARPER/METRO

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NBA. Drake to help rebrand Raptors in time for 2016 All-Star game

The 2016 NBA all-star game is coming to Toronto and the Raptors are looking to one of the music industry's biggest stars to help revamp the franchise in time for the festivities.

The club has named Drake its new "global ambassador." Tim Leiweke, president and CEO of Maple Leaf Sports and Entertainment, says he and his team are in the process of planning a major facelift that will include a new look and colours.

THE CANADIAN PRESS

The past

The city last hosted an All-Star game in 2008 when Major League Soccer held its showcase here.

- The NHL staged its All-Star game in Toronto in 2000, and the Toronto Blue Jays hosted baseball's marquee contest in 1991.
- The 2014 NBA All-Star game will be in New Orleans.

Drake and Mayor Rob Ford at Monday's announcement. THE CANADIAN PRESS

Mitten marketing

Now blue mitts with 'Go USA' to be sold by USOC; in a page from our book

The U.S. Olympic Committee is taking a page from the red-mittens craze Canada sparked at the 2010 Vancouver Games.

The USOC will start selling its own blue mittens — with the words "Go USA" embroidered on the palms — on Oct. 29.

They'll go for $14 a pair on the USOC website.

Proceeds from the sales will help U.S. athletes on their way to Sochi, Russia.

The USOC hopes the mittens will be as big a hit for the U.S. team as they were for Canada.

THE ASSOCIATED PRESS

Harper nominates male appeal judge for Supreme Court

Marc Nadon. Decision raises questions about so-called gender imbalance in nation's highest court

Prime Minister Stephen Harper dipped into the ranks of the Federal Court of Appeal on Monday to nominate Justice Marc Nadon to fill a vacancy on the Supreme Court of Canada.

The appointment marks the second time in two years that Harper has filled a Quebec-designated seat with a male appointment, once again raising questions about why he hasn't done more to address the so-called gender imbalance on the country's highest court.

Nadon's appointment, which will likely be approved, would maintain a ratio of six men to three women on the high court.

Harper faced criticism last year when he appointed Quebec jurist Richard Wagner to the high court instead of a female candidate. Wagner replaced former justice Marie Deschamps.

Nadon's nomination comes after the mandatory retirement of former justice Morris Fish this past August. Some legal observers had been expecting Harper to appoint a woman in order to even out the high court's gender balance.

NDP leader Tom Mulcair walked the fine line Monday between praising Nadon as a worthy addition to the country's highest court while recognizing the lack of overall female representation on it.

THE CANADIAN PRESS

Omar Khadr case

- Nadon wrote a dissent in the Federal Court of Appeal's split decision in the Omar Khadr case. Nadon sided with the Harper government and wrote that "Canada has taken all necessary means at its disposal to protect Mr. Khadr during the whole period of his detention at Guantanamo Bay."
- Nadon was overruled by two fellow jurists who ordered the government to request Khadr's repatriation from the much-maligned U.S. military prison in Cuba. Khadr has since been brought to a Canadian prison.

Former doctor back in court

Isabelle Gaston, ex-wife of Guy Turcotte, speaks to reporters during a break in the appeal hearing Monday in Montreal. Turcotte was found not criminally responsible in the 2009 slayings of his two children. The case of the former Quebec doctor who killed his young children returned to court Monday with the Crown appealing a verdict that found him not criminally responsible. RYAN REMIORZ/THE CANADIAN PRESS

Romania. Spy agency monitoring gold mine

Romania's domestic spy agency has been monitoring developments involving a planned Canadian-owned gold mine for years, its chief acknowledged Monday, saying that some demonstrations against the project have been manipulated by people he called "eco-anarchists."

Spy chief George Maior's comments before a parliamentary committee came after the head of Romania's foreign intelligence agency said last week that it had been monitoring foreigners who allegedly paid Romanians to agitate for and against the massive gold mine project in Romania.

The mine, run by Gabriel Resources, is sitting on an estimated 314 tons of gold and 1,500 tons of silver. Proponents have been trying to get permits for 14 years but so far no date has been set for it to begin operating.

THE ASSOCIATED PRESS

Owner tours rental 'embassy' after arrest of Freemen follower

A woman has seen her Calgary rental home for the first time since a self-proclaimed sovereign citizen was removed from the property last week.

Rebekah Caverhill says the man claimed the home as his "embassy" shortly after moving in and she spent nearly two years trying to get him out.

Caverhill was crying as she toured the beige-brick duplex with a throng of reporters and cameras. Windows were covered with towels, clothing was heaped on floors and dirty dishes were piled in the kitchen.

Alphabet magnets on the refrigerator spelled out the word "respect" and a sign on the door of one room called it a meeting place for people of the Sovereign Embassy of Earth.

Caverhill rented the home to Andreas Pirelli in November 2011 but soon after he identified himself as a follower of Freemen-on-the-Land, claimed the home as an embassy, changed the locks and placed a lien on the property.

He was arrested Friday morning by police on outstanding warrants from Quebec.

A half dozen followers remained in the home immediately after his arrest but requested police assistance to leave later in the day.

"A caller had requested assistance for a group of people contained within the residence (who) were looking to leave," said Calgary Police Duty Insp. Darrell Hesse. THE CANADIAN PRESS

Rebekah Caverhill enters her rental property for the first time in Calgary on Monday after a follower of the Freemen-on-the-Land movement was arrested and removed from the home. JEFF MCINTOSH/THE CANADIAN PRESS

Freemen

The Law Society of British Columbia and B.C. Notaries have issued warnings about Freemen and, in a bulletin last year, the society estimated the group could number as many as 30,000 in Canada.

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Thawing relations. Baird warns United Nations of Iranian 'charm' offensive

Foreign Affairs Minister John Baird warned the United Nations General Assembly on Monday to avoid being taken in by any Iranian charm offensives.

Baird evoked the memory of the failed appeasement of Nazi Germany in the year before the Second World War as he urged the gathered members in the UN chamber to tread carefully when taking Iran at its word.

He also spoke of the need to end the human-rights violations against girls and women, describing forced marriage as rape, and calling several times for the "human family" to unite to end violence against women.

On Iran, Baird was addressing an apparent thaw in the three decades of strained relations between the United States and Iran after President Barack Obama spoke by phone with his Iranian counterpart Hassan Rouhani last week.

It was the first conversation between the leaders of the two countries since the 1979 siege of the U.S. embassy in Tehran.

Iranian President Hassan Rouhani THE ASSOCIATED PRESS FILE

THE CANADIAN PRESS

Saudi Arabia. Doctor rejects claim that driving affects woman's ovaries

A Saudi doctor has gone on-air to dismiss claims made by a well-known cleric who caused a stir when he said medical studies show driving affects a woman's ovaries.

In comments aired over the weekend by the privately owned Rotana channel, gynecologist Mohammed Baknah says scientific studies have not proven that driving has adverse effects on women's reproductive health.

He was addressing remarks by Sheik Saleh Saad el-Leheidan who said that women who drive suffer from having the pelvis forced upward. His remarks were published Saturday in an interview with the website el-Sabq.

Defying driving ban

- Hardline clerics have opposed a campaign scheduled for Oct. 26 calling on women to drive in defiance of a ban in the ultraconservative kingdom.

THE ASSOCIATED PRESS

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Canada

The morning sun illuminates the U.S. Capitol in Washington on Monday, as the government teetered on the brink of a partial shutdown unless Congress could reach an agreement on funding. The core of the dispute is the nation's health-care overhaul. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

Funding squabble fuels fears in Washington

'Obamacare' at core of dispute. Nation's stock market drops as fears spread over partial government shutdown

Republican unity showed unmistakable signs of fraying Monday as the U.S. Senate swatted aside the latest tea-party-driven demand to delay the nation's health-care overhaul in exchange for averting a partial government shutdown at midnight.

Even in advance of the 54-46 party-line Senate vote, the stock market dropped as fears spread that the first shutdown in 17 years would inconvenience millions and harm the economy.

Ironically, the issue at the core of the dispute, implementation of key parts of "Obamacare," will begin Tuesday on schedule, shutdown or no.

As lawmakers squabbled, President Barack Obama urged them instead to "act responsibly and do what's right for the American people."

At the White House, he said he was willing to discuss long-term budget issues with members of Congress, and expected to soon. But, he added, "the only way to do that is for everybody to sit down in good faith without threatening to harm women and veterans and children with a government shutdown."

Obama's Democratic allies prevailed easily in the Senate on a vote to reject the latest House-passed bill, a measure that would delay the new health-care law for a year and repeal a tax on medical devices that helps pay for the program.

Anticipating their legislation would be rejected, House Republican leaders met in Speaker John Boehner's office to plan their next move.

Officials said that even though time was running short, they were expecting at least one more attempt to squeeze a concession from the White House, likely a demand to force a one-year delay in the requirement for individuals to purchase health coverage or face financial penalties. THE ASSOCIATED PRESS

Impact

Any shutdown would cause an uneven impact across the face of government, inconveniencing millions.

- Many low- to moderate-income borrowers and first-time homebuyers seeking government-backed mortgages would face delays. Passport applications would be delayed.
- Some critical services such as patrolling the borders, inspecting meat and controlling air traffic would continue.

Essential workers to stay on job

In 1995, with American lawmakers having failed to agree on a budget, the government shut down. As a result, President Bill Clinton found himself surrounded by interns in the White House, as regular staff had to stay home. That's how Clinton met Monica Lewinsky.

Now, 18 years later, the U.S. government faces another shutdown. It needs a loan to keep paying its bills, but Republicans will only agree to letting it borrow more money if Democrats agree to reduce Obamacare, President Obama's government-supported national health-care system.

Since neither side has backed down, federal agencies were expected to close their doors Tuesday. Employees will be furloughed — forced to stay home without pay — and only essential services will be performed.

"Essential services" is the critical word: The government doesn't actually shut down. According to calculations by USA Today, only some 40 per cent of federal workers would have to stay home. The armed forces won't be furloughed, for example: All soldiers and officers must remain on the job, though they won't be paid. In other words, the Afghanistan war won't be directly affected.

ELISABETH BRAW/METRO WORLD NEWS

Former White House intern Monica Lewinsky THE ASSOCIATED PRESS FILE

More DNA tests ordered in Kercher case

Diya Lumumba was falsely accused by Amanda Knox. THE ASSOCIATED PRESS

Italy. Trial in killing of British student drags on; in acquittal of Amanda Knox, court criticized prosecution's case

The Florence appellate court hearing U.S. student Amanda Knox's third trial in her roommate's murder agreed Monday to run additional DNA tests on the presumed weapon, but rejected more than a dozen other defence requests for new testimony or evidence.

On the trial's opening day, presiding Judge Alessandro Nencini said the court agreed to test one DNA trace not previously examined on the knife that prosecutors allege killed British student Meredith Kercher; the trace had previously been deemed too small to test.

Italy's highest court in March ordered a new trial for Knox and her Italian co-defendant, ex-boyfriend Raffaele Sollecito, after having overturned their prior acquittals in Kercher's killing.

THE ASSOCIATED PRESS

Closure sought

"It has been the most difficult six years of our lives and we want to be able to seek closure."

In a letter to court, the Kercher family urged the panel to allow testing

Human rights

NSA leaker Snowden up for top EU prize

U.S. intelligence leaker Edward Snowden is among three finalists for the European Union's top human-rights prize. European lawmakers narrowed down the list of nominees for the award to Snowden, Pakistani schoolgirl Malala Yousafzai and imprisoned dissidents from Belarus. THE ASSOCIATED PRESS

Investigation

N.Y.C. police check into report of parachutists

New York City police are looking for two unidentified people who may have parachuted onto a Manhattan street. NYPD Commissioner Raymond Kelly said private security guards reported seeing parachutists land in front of the Goldman Sachs headquarters at about 3 a.m. Monday.

THE ASSOCIATED PRESS

Mark Cuban's day in court

The Dallas Mavericks' outspoken owner, Mark Cuban, will be seeing a different kind of court this week. Cuban is expected to testify at an insider-trading trial and experts say the verdict could come down to whether jurors find the billionaire and regular on the reality show Shark Tank to be smug. Cuban is accused of using insider information to dump his stock in a small Internet-search company in 2004 before the shares fell. He avoided $750,000 in losses. STEWART F. HOUSE/GETTY IMAGES

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Inflight services offer a taste of the good life — but there's a fee for that

Airlines. Want to rent an iPad preloaded with movies? Want an empty seat next to you? Get ready to open your wallet

Airlines in the U.S. are introducing a new bevy of fees, but this time passengers might actually like them.

Unlike the first generation of charges which dinged flyers for once-free services like checking a bag, these new fees promise a taste of the good life, or at least a more civil flight.

Extra legroom, early boarding and access to quiet lounges were just the beginning. Airlines are now renting Apple iPads preloaded with movies, selling hot first-class meals in coach and letting passengers pay to have an empty seat next to them. Once on the ground, they can skip baggage claim, having their luggage delivered directly to their home or office.

In the near future, airlines plan to go one step further, using massive amounts of personal data to customize new offers for each flyer.

"We've moved from takeaways to enhancements," says John F. Thomas of L.E.K. Consulting. "It's all about personalizing the travel experience."

Carriers have struggled to raise airfares enough to cover costs. Fees bring in more than $15 billion US a year and are the reason the airlines are profitable. But the amount of money coming in from older charges like baggage and reservation change fees has plateaued. So the airlines are selling new extras and copying marketing methods honed by retailers.

THE ASSOCIATED PRESS

You can't raise fares, so you've got to add fees ...

- When airlines try to raise fares, they are met with resistance. Customers either change travel plans, use another carrier or don't travel at all, says Jim Corridore, an airline analyst with Standard & Poor's Capital IQ.
- In the past three years, airlines have tried to hike fares 48 times, according to FareCompare.com. During 29 of those attempts, bookings fell enough that airlines abandoned the increase.
- Most fares today don't cover the cost of flying. While the average domestic roundtrip base fare has climbed three per cent over the past decade to $361.95 US, when adjusted for inflation, the price of jet fuel has nearly tripled.

Passengers check in their luggage at the Delta counter at Hartsfield-Jackson Atlanta International Airport on Friday. Delta customers have a new option to purchase an upgrade that includes a second bag to check, among other perks.

JOHN AMIS/THE ASSOCIATED PRESS

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Renewable energy

Ikea to begin test sale of solar panels in U.K.

Ikea will start selling residential solar panels at its stores in Britain, the first step in its plan to bring renewable energy to the mainstream market worldwide. A standard, all-black 3.36-kilowatt system for a semi-detached home will cost about $9,500 and will include an in-store consultation and design service as well as installation, maintenance and energy monitoring service.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.06¢ (unchanged)

TSX 12,787.19 (-56.89)

OIL $102.33 US (-54¢)

GOLD $1,327 US (-$12.20)

Natural gas: $3.56 US (-3¢)
Dow Jones: 15,129.67 (-128.57)

BlackBerry. Fairfax deal could be done at lower price, analysts suggest

Analysts predict that Fairfax Financial will follow through on plans to buy BlackBerry but could pay substantially less than originally announced, as the smartphone maker's market value erodes. Fairfax announced Sept. 23 that it was leading a group that would offer $9 US per share, subject to a number of conditions.

However, CanaccordGenuity analyst Michael Walkley says a $7-per-share bid is likely to materialize once Fairfax and its partners complete further due diligence over the next month.

Based on CanaccordGenuity's assessment, BlackBerry would be worth about $1 billion less than Fairfax's initial proposal, which valued the company at $4.7 billion US.

Walkley said he has reassessed the company's assets to take into account BlackBerry's flagging hardware operations, which were the main reason for a $965-million US loss in the company's second quarter.

"Given our belief BlackBerry's hardware business will struggle to return to profitability despite significant cost cuts and a refocus on more high-tier enterprise segments, we struggle to assign any value to the hardware business," Walkley wrote. "Our sum-of-the-parts analysis values BlackBerry at roughly $3.75 billion."

BlackBerry shares have fallen well below the proposed bid value since Fairfax announced the offer a week ago.

Investors have been skeptical that Fairfax will successfully complete the acquisition of BlackBerry because its quickly eroding market share and high operational costs create the kind of uncertainties that make investors and lenders nervous. "We doubt a strategic investor will show interest, given the pace of decline in BlackBerry's business," wrote Nomura analyst Stuart Jeffrey, who reduced his target price to $8 to take into account risks to the current bid. THE CANADIAN PRESS

What's it worth?

$3.75B

CanaccordGenuity analyst Michael Walkley values BlackBerry at roughly $3.75 billion. That's about $1 billion less than Fairfax's initial proposal.

SPOILER ALERT: I'M A NETFLIX CHEATER

SHE SAYS

Jessica Napier
metronews.ca

I'm in a loving and happy relationship but I have to admit that lately I have had a problem with cheating. I do it late at night, usually during the week and so far I've never been caught.

Before you get the wrong idea, I should point out that my specific brand of infidelity involves a television remote and an insatiable appetite for 50-minute dramas. I'm of course talking about Netflix cheating.

Like any good North American couple burdened with a mortgage that restricts discretionary spending, television is a popular pastime in our household. Over the years we've developed a roster of programs that are "ours" and we have vowed to always enjoy these shows together ... well, in theory.

The problem is that Netflix has changed the way people watch television; with multi-season streaming available at our fingertips, viewers no longer have to wait a week between episodes or suffer through summers full of reruns. Online on-demand services make it possible for us to watch hundreds of thousands of hours of programming virtually whenever and wherever we want.

And when every episode ends on a cliff-hanger and the next show begins to play automatically, it's hard for greedy consumers to switch off. If I was crafty enough to figure out how to access the far superior American version of Netflix I might never leave the house.

My insatiable appetite for high-quality programming means that sometimes I find myself watching our shared shows even when my viewing partner is out for the night. And, as much as I hate to admit it, I've gotten pretty good at deceiving him. I can fake a convincing surprised expression when major plot twists are revealed and I've learned how to reset the account in order to erase the evidence of my digital betrayal.

Sure I may be weak and disloyal but at least I'm not alone in my shame. Earlier this year, Netflix conducted a survey among its American customers as part of a promotional campaign. Their poll revealed that over 50 per cent of couples have considered cheating on their significant other by streaming a television program that they'd promised to watch together. Now I'm well aware that, on the list of privileged-people problems, fighting over your viewing habits is right up there with Starbucks running out of pumpkin-spice syrup. Still, that doesn't mean I feel any less guilty about my indiscretions.

So consider this column a public admission of my infidelity and a pledge to make a change. From now on I promise to try and remain faithful to the sacred union between a couple and their big screen ... right after I finish watching episode four of House of Cards.

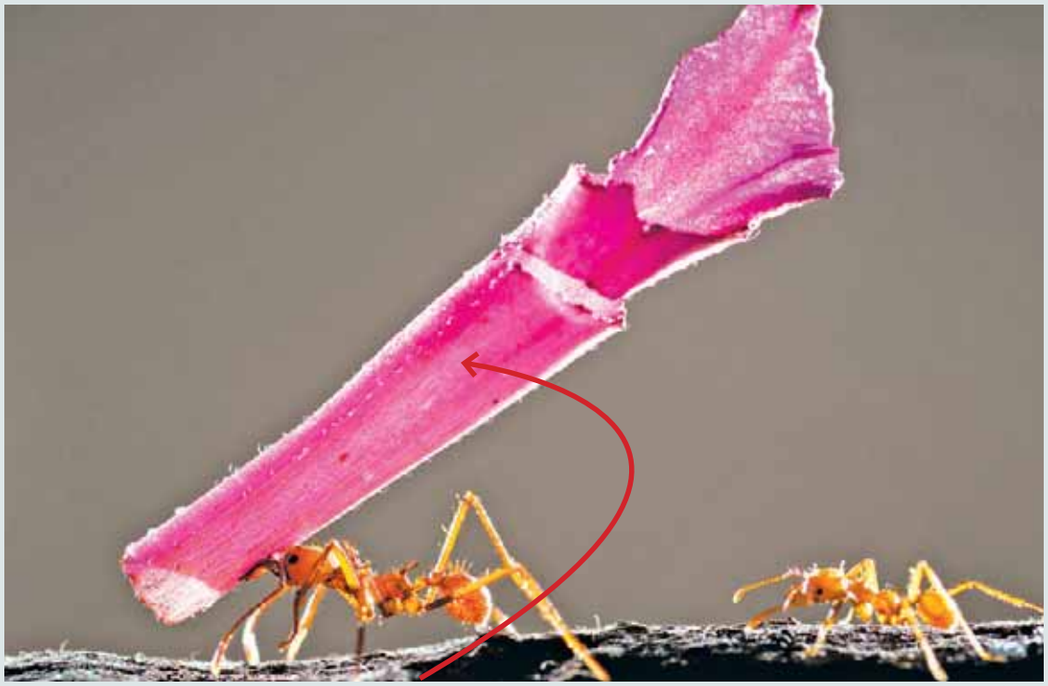
What we watch when our partner is not watching

My insatiable appetite for high-quality programming means that sometimes I find myself watching our shared shows even when my viewing partner is out for the night.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

That other ant is going to look pretty lame when it comes back with nothing



COURTESY BENCE MÁTÉ/ZSL

Herculean ant pic wins top award

A tiny leafcutter ant demonstrating its immense strength is among the winning images from this year's Zoological Society of London's (ZSL) animal-photography competition. Bence Máté, from Szeged, Hungary, shot this vibrant picture at the Laguna de Lagarto rainforest lodge, near Boca Tapada in northern Costa Rica. METRO

Two of the all-time best ant facts

50
times their own body weight is what an ant is capable of carrying.

30,000
eggs is how many each queen leafcutter ant lays each day.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

For the Breaking Bad PVR set, turning on your computer (or leaving your house) can be terrifying. While we can't help what your local barista discloses, we can tell you how to create your own world wide web free of unwanted spoilers, pop stars and advertisements.

PHOTO ILLUSTRATION/METRO

Spoiler Shield
This free iDevice app let's you cruise Facebook, Twitter spoiler-free the day after missing your favourite TV series, sports game, reality show.

No Cyrus:
Though the Miley Cyrus stir is slowly starting to stop, for those who have absolutely reached their limits with the Disney wreck, there's an app. The No Cyrus Chrome plug-in filters out all mentions of the teen formerly known as Hannah Montana.

Adblock Plus
Among the most popular of the adblock programs, Adblock Plus not only blocks ads, but also can be used to block tracking and malware. Best of all, it's free.

Comments

RE: No end in sight to grocery wars in Canada, published Sept. 28

"It's been a tough year for the grocery industry"? Ha, ha, ha, good one. Guess they don't think consumers can calculate gouging price increases.
Tim Snider, posted to metronews.ca

Is this why the federal government redefined "local" so the big chains can lay claim to selling local foods?
mel now from surrey, posted to metronews.ca

Twitter

@metropicks asked: Raptors to get a rebrand as hiphop superstar Drake takes over as the basketball team's global ambassador. How can he make them cool again?

Well they're basically starting from the bottom, so...
@DizzleDaKing

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WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

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SCENE 2

Don't dissolve a body in a bathtub, and other lessons

Breaking Bad. With the exciting finale of the dark, ultra-popular show behind us, we list the top 10 things to be learned from Walt's world

Meth cook/science maestro Walter White laundering money in the pilot episode of Breaking Bad. AP PHOTO/AMC

Sunday's Breaking Bad turned out the lights on one of the darkest shows in television history.

Even as this drama cooked up storylines that celebrated evil and depravity, Breaking Bad gleamed with a bright side, too. There were plenty of positive messages for the viewer who acknowledged them during the series' five-season run.

Here are 10 lessons Breaking Bad leaves behind:

1) Stay in school and study hard!
As Walter White demonstrated after he ditched teaching for producing crystal meth, you can make millions from a subject like chemistry that far too many youngsters (including Mr. White's bored students) find annoying and useless. Walt (a.k.a drug lord Heisenberg) proved otherwise with his storage shed of money.

2) Chemistry has everyday applications.
The next time you dispose of a corpse with hydrofluoric acid, all you devoted Breaking Bad viewers will know not to dissolve the body in a bathtub, but instead in a plastic container. You learned this valuable tip in season one, when Walt's lab assistant Jesse Pinkman disregarded his instructions and regretted it. The acid memorably dissolved through the bathtub and floor at Jesse's house, leaving a bloody mess in the hallway downstairs. You won't make that mistake.

3) Family is oh, so important.
Breaking Bad reminds you that entering the drug trade and messing with the wrong people in it can lead to your wife and teenage son despising you. It can also lead to your brother-in-law getting brutally murdered. You would hate that if it happened.

4) Build a better mousetrap.
Steve Jobs knew it. Jeff Bezos knows it. Walt White serves as a mythical champion of their kind of acumen: Offer a better product with an obvious advantage, and the world (or, anyway, addicts who loved Walt's super-potent "blue sky" crystal meth) will beat a path to your door.

5) Need a lift? Try a personal makeover.
If you're stuck in a rut, like Walter White at the start of Breaking Bad, consider a new look. Shave your head, grow a tidy, I-mean-business beard and fit yourself with a black pork pie hat. Then come up with a new name. Like Heisenberg. In your new identity, people will fear you and you're sure to go far.

6) Keep your personal vehicles, especially your RV, in good running order.
A regular checkup to keep Walt's rolling meth lab in tip-top shape would have spared him and Jesse inconvenience, not to mention mortal danger.

7) Keep a shrewd lawyer on call, especially if you mean to routinely break the law.
Sure, he may be a sleazebag and a shameless self-promoter. But a lawyer like Saul Goodman ("Better call Saul!") is worth his weight in hundred-dollar bills to a client like Walter White, whom he represented faithfully, if more than often sarcastically. With his mastery of trade practices — legal and illegal — Saul was the most impressive TV lawyer since Perry Mason.

8) Like it or hate it, Obamacare in the U.S. might cut down on illegal drug trade (at least on TV).
If financially strapped schoolteacher Walt White had had better health care when he got his cancer diagnosis, maybe he wouldn't have begun cooking meth to help cover his expenses. Meanwhile, his long-term problem — leaving his family provided for after his death — might have been a non-issue had teachers in his district been better paid. On the other hand, if Walt had found himself in less of a jam, there would have been no Breaking Bad.

9) Finish what you start.
It's never good to leave hanging important tasks. Walt is a shining example of a guy determined to tie up loose ends. That was part of why the Breaking Bad finale was so good.

10) Follow your bliss (and be willing to forge a different path getting there).
Walter White discovered this lesson. Vince Gilligan demonstrated its wisdom in real life by creating Breaking Bad, a radically different series. So did AMC execs by airing what turned out to be perhaps the best drama of all time. How many other networks are willing to learn?

THE ASSOCIATED PRESS

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DVD review

This is the End

Directors. Evan Goldberg, Seth Rogen

Stars. James Franco, Jonah Hill, Seth Rogen

●●●●○

Comedy/horror hybrids are a dime a dozen, and This Is the End doesn't exactly reinvent the wail. But it goes to extremes not often seen, especially with actors playing with their public personas and CGI providing a convincingly terrifying disaster scenario. You can view the film as gross-out comedy, where regulars of the Judd Apatow laugh factory — namely Seth Rogen, Jay Baruchel, James Franco, Jonah Hill, Craig Robinson and Danny McBride — act like the penis-obsessed frat boys they often play, this time using their real identities. Or you can see it as a horror movie, since it spares no gore in presenting a biblical end-of-days scenario wherein L.A. gets fire and brimstone not intended for a standard Hollywood script. The film is the feature directing debut of Rogen and his friend and frequent co-writer Evan Goldberg. As the lads get serious about their situation, they also get funnier, acting out their neuroses but also performing an impromptu sequel to Pineapple Express, the stoner comedy that several of them co-starred in.

PETER HOWELL

Room 237

Director. Rodney Ascher

Stars. Bill Blakemore, Geoffrey Cocks, Juli Kearns

●●●●○

Rodney Ascher's entertaining doc Room 237 demonstrates how diverse are the freaks who think there are hidden messages in The Shining. A mixed bag of professors, artists, musicians and journalists, they believe Kubrick planted secret shout-outs in The Shining: coded clues about the Nazi Holocaust, the Native American genocide, homoerotic sexual urges and the "faked" Apollo 11 moon landing. PETER HOWELL

The Millers debuts Thursday on Global. CONTRIBUTED

In defence of farts: Arnett states his case

The Millers. Comedian doesn't understand why critics are fussing over flatulence

Will Arnett is ready, willing and able to talk about flatulence.

Hyper aware of the stink raised by critics over a particularly gaseous gag in his new sitcom, The Millers, the TV comic launches into a fervent defence of the everyday moment during a recent interview to promote Thursday's premiere.

The joke plays out soon after his character Nathan, a recently divorced TV reporter, begrudgingly welcomes his newly single mother, played by Margo Martindale, into his home.

Upon returning from work, he barely greets his mother before having to ask: "Did you (pass gas)?"

"This happens when you get older, they just slip out," Carol replies.

Arnett says he can't understand what the fuss is about, recounting a conversation he had with a critic who considered it "low-brow."

"And I said, 'You know what? Give me a break. Everyone is taking themselves so seriously, who cares?'" Arnett says in a phone call from Los Angeles.

"It's a very funny moment and it's very real and it's a son asking his mom about it. It's not done in a gross way. It's just done in a very sort of real way."

Some might see the broad comedy as a departure of sorts for the Toronto-born Arnett, who rose to fame playing quirky characters in sharp-edged single-camera sitcoms including Arrested Development and 30 Rock.

Here, he plays a regular Joe who is eager to rediscover the single life, but his plans are interrupted when his meddlesome parents decide they are separating after 43 years of marriage.

The nosy Carol moves in with Nathan while befuddled dad Tom, played by Beau Bridges, moves in with daughter Debbie, played by Jayma Mays of Glee.

"You have a guy who's 42 and he's trying to hit the reset button on his life with his mom who's also trying to hit the reset button on her life," says Arnett, who also happens to be newly single, after splitting from comic Amy Poehler last year.

"It's challenging enough on its own but having your mother riding shotgun with you on that ride is definitely going to make it a lot more difficult and interesting."

With directing legend James Burrows calling the shots and Raising Hope and My Name is Earl writer/producer Greg Garcia behind the scripts, Arnett says that joining the project was, "as they say, without-a-brainer."

"I just thought, well these elements are so good, the script is really funny, Greg Garcia, I totally respect, he's just the best guy and Jimmy Burrows is an absolute legend," says Arnett, who most recently starred opposite Christina Applegate in the NBC comedy Up All Night.

"It's the equivalent of being asked if you want to go and play on an all-star team. Like, yeah, I do!"

Add in Martindale as his character's mom and Bridges as his dad and you have a powerhouse cast that's hard to beat.

"They're both such great actors. And that's what you need to do — you've got to kind of build from the ground up and you need to have people who are great actors to bring a sort of believability to these characters. And then it's funny on top of it."

The Millers debuts Thursday on CBS and Global.

THE CANADIAN PRESS

The Situation. Addiction and recovery in his words

The Situation. GETTY IMAGES

On Jersey Shore, Mike "The Situation" Sorrentino was always happy to be hitting the club, fielding grenades and getting his GTL on. But off-camera, the star struggled with an issue millions of Americans quietly try to keep to themselves: prescription painkiller addiction.

Since going public with his battle last year, Sorrentino helped launch ResetReality.com, a resource for anyone struggling with addiction or anyone who has a loved one struggling. Sorrentino confided in us about his addiction, and how he overcame it.

The start of a problem

"Obviously it didn't start as an addiction. I was initially just hurt — it was probably an existing injury from when I was younger. I injured myself on (Dancing with the Stars) — I threw my partner over my shoulder and I hurt my lower back and neck. And then I was prescribed by a doctor a medication which was an opioid prescription painkiller."

Rock bottom

"My turning point was on one of my appearance tours, abroad in Australia, (when) I couldn't get my medication I was prescribed. They don't even actually make it in Australia. At that time there was just no way for me to get it and I proceeded to go into probably the early stages of withdrawal. I had an event to go to, and my family's with me, friends are with me, and we're ready to go to the event and I'm in bed, and I said, 'I'm not going.' And they said, 'Mike, we gotta go, there's a car outside. We'll help you get ready.' The only thing on my mind that I can think of was, 'I don't care, I'm not going. I don't feel well. Tell them I was sick.' And once I saw the looks on my family's faces — disappointment, frustration, helplessness — I realized I put that there. I didn't want to be the one to hurt my family in any way. And I was like, 'Wow, I'm causing this, and what's really causing this is my addiction.' I was like, 'If I can't even get dressed for this, how am I gonna do the next Jersey Shore? How am I gonna have a wife and kid?"

At rehab

"I remember on the plane to rehab, it was Utah — I just thought it was gonna be like a country club; but it wasn't. It was probably the most traumatic experience in my life, because once you start to detox and become yourself again all these feelings come back that maybe I was trying to hide or maybe I didn't want them to be there, as well as the good feelings, and you're overwhelmed."

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Want to know Katy Perry's inner thoughts? It's all in her music

Katy Perry went through some pretty dark times following her split from ex-husband Russell Brand, writing one of her new songs, By the Grace of God, about the time she found herself on the bathroom floor considering suicide, she tells Billboard magazine.

"That song is evident of how tough it really was at a certain point," she says. "I asked myself, 'Do I want to endure? Should I consider living?' All the songs are real-life moments. I can only write autobiographically. I put all the evidence in the music. I tell my fans if they want to know the real truth about stuff, just listen to the songs."

Miley's like the Pixies, she says

Miley Cyrus is worried about her legacy. "There are albums that people still are listening to, like Michael Jackson's Bad, because it's so f—ing dope. I want people to listen to my album like that," she tells Rolling Stone. "From the time I was 16 until I was 18, the Pixies is all I listened to. And I'm going to be that artist to so many people, so I want to make sure my record is the best it can be. I'm trying to set a new standard for pop music."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Girls just wanna have fun

MELINDA TAUB
Metro World News in New York

If I were a religious person, this might be my holy trinity of lady comedy: Lena Dunham, indie darling; Mindy Kaling, taking the broadcast mainstream by storm; and Tina Fey, overlord comedy queen supreme. On Saturday night, all three of them came together.

Well, sort of. Lena and Mindy came together in L.A. to watch the Saturday Night Live premiere, and Tina Fey came together with herself to make fun of Lena.

The 30 Rock star appeared in a spoof of Dunham's HBO show Girls, playing Blerta, a new Albanian roommate horrified by how spoiled these rich American girls are. It's pretty funny (and possibly also a nod to former SNL writer Simon Rich, whose novella in the New Yorker had a similar premise). Luckily, Dunham wasn't offended: Mindy Project star Kaling posted a pic on Instagram of her enjoying the sketch. "Original Girl enjoying Blerta on #snl's Girls at my house," she wrote.

"The SNL parody of Girls was a true honour," Lena later tweeted. "Very excited about the current lineup of SNL ladies. They are funny like whoa." Agreed. Especially new girl Noel Wells, who does a spot-on Lena impression.

Geimer forgives Polanski in new memoir

While many still want Roman Polanski brought to justice for allegedly drugging and raping Samantha Geimer when she was 13 years old, Geimer herself says in a new memoir, the Girl, that she's forgiven him. "As different as our lives have been, we do share a common sense of battle fatigue when it comes to the court system and the media," she writes. "We've both been punished. We both want to move on. We both might be considered victims." And she insists her forgiving Polanski was the right thing to do: "If you go through your life carrying hate in your heart, you really only hurt yourself," she writes. "I didn't forgive him for him, I did it for me."

Roman Polanski

Twitter

@RedHourBen
I can't believe it's gone.

@WhitneyCummings
Watching the Breaking Bad finale without having seen any of the series. I have some questions

@TheRealRoseanne
May it please ascended masters to aid me 2 reverse the decree against the ppl

Elisha Dacey

Half Off: Eating your stress

Metro Winnipeg editor Elisha Dacey has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert. Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off (metronews.ca/half-off/).

With an unexpected gallbladder surgery a few weeks ago and moving to a new house last week, Dacey has been seriously stressed.

"There was no food in the house, and everything was packed along with my exercise equipment and scale — I couldn't even weigh myself," she said.

But Dacey's determined to not gain weight.

What did the experts advise?

Albert offered tips on how to make healthy fast food choices.

"When we went to Papa Murphys Take 'N' Bake Pizza, our favourite pizza place, we ordered the thin-crust pizza," says Dacey.

Cieciwa also asked Elisha to try to fit in a few fitness walks between unpacking — and to shine up her weights when she unpacked them and get ready to start the program again.

YLVA VAN BUUREN/FOR METRO

Oatmeal: The return of eight power combos

Food choices. The hot breakfast is back — we'll soon be hitting low temperatures, so it's OK for us to live off oats. We share our top combinations

ROMINA McGUINNESS
wellness@metronews.ca

Skipping breakfast isn't going to make you skinny.

Dietician Patricia Bannan, author of Eat Right When Time is Tight, tells Metro that it is essential.

"You've been fasting for at least eight hours, so you need to eat within two hours in order to boost your metabolism, stabilize blood sugar levels, and improve your mood," she explains.

"A good rule of thumb is that a breakfast should be at least 200 calories and contain some protein and fibre for sustained energy."

So, because we love oatmeal and we hope we've convinced you to eat up in the morning, we've teamed up with Bannan and came up with eight awesome recipes that will make you want to enjoy it.

Just not too much of it — hence the portion sizes. You can make your oatmeal with either water or milk (rice, almond, cow) or half milk and half water.

200 grams cooked oatmeal
1 tbsp almond butter
1/4 sliced banana
1 tbsp chocolate chips

200 grams cooked oatmeal
1 tbsp maple syrup
1 strip chopped bacon
cinnamon to taste

200 grams cooked oatmeal
1/5 chopped avocado
2 tsp olive oil
1 fried egg
30 grams smoked salmon

200 grams cooked oatmeal
1 tbsp cardamom
1/2 cup berry compote
1/4 cup dried chopped cherries
1 tbsp walnuts

200 grams cooked oatmeal
1/2 chopped apple
2 tbsp toasted almonds
cinnamon & brown sugar to taste

200 grams cooked oatmeal
2 tbsp chopped pistachios
2 tbsp chopped figs
brown sugar to taste

200 grams cooked oatmeal
1/4 cup vanilla yogurt
1/2 chopped peach
2 tbsp chopped glazed pecans
cinnamon to taste

200 grams cooked oatmeal
1 tbsp miso paste
1 tbsp butter
2 tbsp toasted walnuts
1 shaved radish

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It's Time to Quit!

A proper self-examination is the key to early detection

Dr. Marisa Weiss strongly recommends performing breast self-exams once a month several days after your period. ISTOCK

LAURA GOLDMAN
Metro World News in New York

Dr. Marisa Weiss calls herself a dual citizen in the world of breast cancer. Weiss, a practising breast-cancer oncologist at Lankenau Medical Center near Philadelphia, is founder and president of BreastCancer.org, the world's most utilized online medical resource for breast health. Since 2010, she is also a breast-cancer survivor.

Weiss — who wrote the book Taking Care of Your "Girls": A Breast Health Guide for Girls, Teens, and In-Betweens — strongly recommends performing breast self-exams once a month several days after your period, despite some controversy about their effectiveness. She urges women to be their own best advocates.

"Early detection gives you the best shot of treating the cancer," Weiss says. "Breast cancer, in the early stages, has no symptoms. It doesn't let you know it is there."

Weiss suggests beginning the breast self-exam by inspecting your breasts closely in the mirror.

"You should take notice of changes in contour, rashes, indentations, nipple discharge and if one breast is bigger than the other," says Weiss.

Then, you should examine your breast either by moving the fingers up and down, travelling from the left to the right as if mowing a lawn. Or, start at the nipple and move your fingers outward in a spiral. Examine areas close to your breasts too, from the top of the collarbone, to the armpit, to the top of the abdomen.

"Each quadrant or neighbourhood of the breast should feel differently," says Weiss. "The upper-right area, near the armpit, tends to have the most prominent lumps and bumps. The lower half of the breast feels like a sandy or pebbly beach. The area around the nipple feels like large grains and another part may feel like lumpy oatmeal."

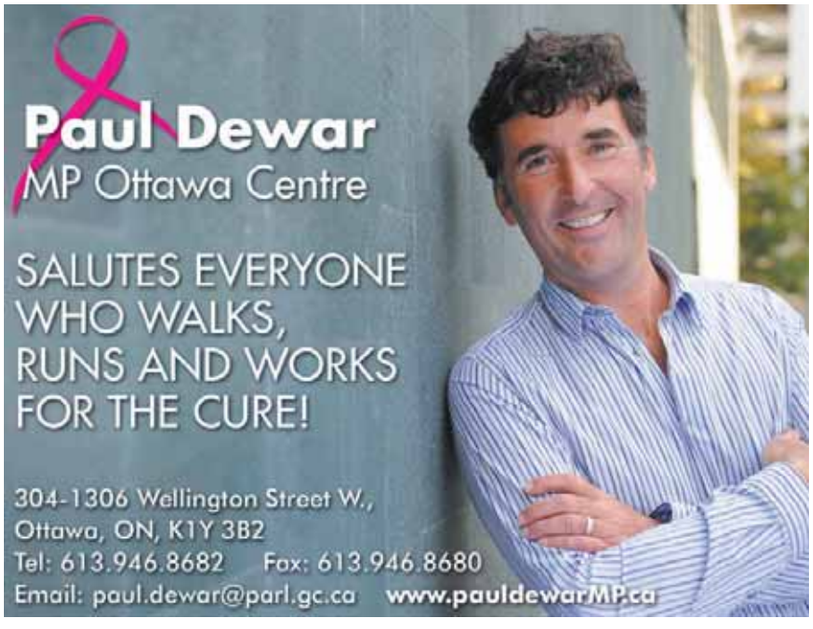
The goal of a regular exam is to familiarize yourself with how the various neighbourhoods of your breast normally feel and look.

"Does something stand out as different from the rest (like a rock on a sandy beach)? Has anything changed? Bring any changes in your breasts that last over a full month's cycle to the attention of your doctor," says Weiss.

Why the rise?

Weiss partially attributes the recent rise in breast cancer to women having children later.

- "Breasts are not fully formed until you have a full-term pregnancy. Nature gave breasts the job of producing milk. They are immature until they get a job," explains Weiss. Until they are fully formed, breasts are more susceptible to the hormones they come in contact with.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An uphill climb: Battling cancer one foot at a time

Another mountain to climb. For three breast-cancer survivors, a trek to Machu Picchu not only raised $65K, but proved they could find their inner strength

VAWN HIMMELSBACH
life@metronews.ca

Trekking the Andes in Peru to the fabled Machu Picchu isn't for the faint of heart. Steep climbs of up to 15,000 feet and camping in the cold would put anyone to the test.

But there's a reason why it's one of the most popular treks in the world: Winding your way through lush cloud forest past dramatic snow-capped peaks to reach the Lost City of the Incas is, for many, the experience of a lifetime. It's more than a trek — it's a pilgrimage.

And for three women who survived breast cancer, it was a pilgrimage more personal than most. Last May, they joined a group of Canadians who trekked through the Lares Valley to Machu Picchu as part of a fundraising challenge organized by Charity Challenge and supported by the Canadian Breast Cancer Foundation (CBCF).

The expedition raised more than $65,000 for breast-cancer research, but it also pushed these women to once again find their inner strength when faced with another mountain to climb.

Robin Ferguson

62-year-old Robin Ferguson was diagnosed with breast cancer in March 2005. At the time, she was training for her third marathon.

"I didn't want to go through radiation," she said. "I looked at it like a wart — just get it off."

During this time, she kept hearing a song on the radio by country crooner Terri Clark, called I Wanna Do It All. "I'd be out running and that song would come on," she said. "And I wanted to do it all. I wasn't willing to give up — that was never an option."

Ferguson decided to have a mastectomy. In May of that same year, she walked a half-marathon. By January 2006, she was running marathons again.

With two daughters and four sisters (one of whom has also survived breast cancer), Ferguson makes a point to perform fundraising each year, including Run for the Cure. But seeing Machu Picchu had always been on her bucket list, so when the opportunity arose to participate in Charity Challenge, she jumped at the chance.

One of her sisters joined her on the trek and provided support during the tough parts. And the toughest part was climbing the stairs at the hotel the day she arrived in Cusco, Peru — when she was hit by the effects of the altitude and questioned her ability to do the trek.

"You think, 'I can't breathe; can I make the mountain if I can't manage the stairs?' I never expected that," Ferguson said.

Despite the challenges, she had several aha moments along the way — such as re-discovering her inner strength. "It ended up being more spiritual than I expected it to be," she said. "Our guide was a spiritual soul who believed in the power of nature and the mountains."

For Ferguson, nothing was comparable to the feeling of accomplishment after ascending 15,000 feet, reaching the Sun Gates and looking out at Machu Picchu — something, she says, most people only dream about.

Mary Ann Empson

For Mary Ann Empson, 60, the Alores Valley was a spiritual place — which she wasn't expecting. "I don't normally say that about things," she said. "It was actually quite overwhelming when we reached the Sun Gates. It's such a beautiful spot."

Empson was diagnosed with breast cancer in 1996. She then went through the whole gamut — radiation, chemo and surgery — over the course of a year.

"It gives you a bit of a reality check," she said.

While she wasn't overweight, Empson was a self-described couch potato. "I started running and really turned my life around," she said.

Empson, now retired from the University of Alberta's faculty of law, participated in another fundraiser, which involved climbing Mount Kilimanjaro in Tanzania — but Machu Picchu was always on her bucket list.

"Sometimes something presents itself and you realize this was meant to be," she said. "I love doing these kinds of challenges; something out of the ordinary, where you push yourself."

Despite that, she wasn't exactly comfortable getting out of her comfort zone. "It was tough, climbing in and out of that little tent at the end of a long day, no long showers … not having your Starbucks coffee; things we take for granted that all of a sudden are gone."

The peace and serenity of her surroundings, interacting with the locals she met along the way and the support of the group — people from across Canada who all shared a common link with breast cancer — got her through those tough parts.

The local children, in particular, captivated her. "The children are so genuine; there's a real innocence," she said. Doing this trek — and other challenges over the years — has taught Empson perseverance.

"I know that I have more willpower and tenacity that I maybe originally thought," she said. "(You have to) dig deep, get down in there and give it all you've got."

Raziya Sachedina

Doing the trek brought up a big fear for 68-year-old Raziya Sachedina — would she be able to finish it? As part of another fundraiser, she had attempted to climb Mount Kilimanjaro, but made it only two-thirds of the way before altitude sickness got the best of her. So she had something to prove to herself by going on this challenge.

"It was sitting in the back of my mind … and that was what took me onto the hike,"

Ain't no mountain high enough: Three breast-cancer survivors joined a group of Canadians who trekked to Machu Picchu as part of a fundraising challenge. The expedition raised more than $65,000 for breast-cancer research, but it also pushed these women to once again find their inner strength. CONTRIBUTED

she said.

Sachedina was diagnosed with breast cancer in 1993. "When I look back now, I think of it as an opportunity to really change my life," she said.

Her treatment involved a bilateral mastectomy, chemotherapy and reconstructive surgery. The same year she finished chemo, her husband passed away. Those experiences led her on a "therapeutic adventure," which involved becoming more physically active and to "not keep wallowing over stuff that I have no control over."

That path involved fundraising for breast cancer research, including Run for the Cure. "I feel very fortunate to be alive," said Sachedina. "All of these activities with CBCF have helped me move on."

While she was determined to do the trek, the challenge for her was "the amazing number of steps you have to climb," she said. "On a practice hike before we started the actual trek, I fell. I sprained my ankle; I took the fall on my knee. But that wasn't going to hold me back."

Getting to the Sun Gates involved climbing 2,800 almost-vertical steps. "I had to do that on all fours and it was raining and it was slippery," said Sachedina.

It was the group that kept her going. "They cheered me on, they supported me in every way they could."

And, for her, carrying on despite a sprained ankle was worth it. "It was unbelievable — the beauty of the place, the serenity that you experience when you get to the Sun Gates," she said.

Sachedina proved something to herself by finishing the trek — she found a sense of strength that she describes as unbelievable. "I feel I can do anything now."

Upcoming fundraisers

- CBCF is recruiting for a Cuban biking challenge in February 2014 and a trekking challenge in late 2014 — possibly the Great Wall of China or Mount Kilimanjaro in Tanzania (cbcf.org).
- Rethink Breast Cancer (a movement for young women affected by breast cancer) is organizing a trekking challenge to Machu Picchu from Sept. 5 to 13, 2014 (rethinkbreastcancer.com).

Challenge yourself!

Get off the couch and on to a challenge! Charity Challenge is offering Metro readers a $75 discount off the cost of a trip if they use "METRO" as a promotional code when booking. This offer is valid through the month of October.

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I love grilled cheese sandwiches but they are always laden with fat from the butter spread all over the bread, not to mention the high-fat cheeses used.

I have filled this sandwich with veggies, chicken and Monterey cheese.

Instead of butter, the outside of the bread is just sprayed with vegetable oil.

This recipe serves three. ROSE REISMAN

Ingredients

- 1 small red bell pepper, top and seeds removed and cut into 4 wedges
- 3 oz boneless skinless chicken breast
- 6 slices of bread
- 3/4 cup grated Monterey Jack or aged cheddar cheese (2 1/4 oz/65 g)
- 1/3 cup sliced avocado
- 3 tbsp chopped cilantro

Sauce

- 3 tbsp light mayonnaise
- 1 1/2 tsp chopped chipotle pepper or jalapenos

1. Sandwich: Preheat oven to 425 F (220 C). Line small baking sheet with foil sprayed with vegetable oil. Roast bell pepper until charred (about 20 minutes). Cool, then remove the skin and slice thin.

2. Meanwhile, either grill or sauté the chicken breast just until it is just no longer pink or the temperature reaches 165 F (74 C). Cool, then slice.

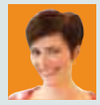
3. Sauce: Combine mayo and chipotle. Spread over bread.

4. Over 3 slices of bread, divide chicken, cheese, pepper, avocado and cilantro. Place other bread slices overtop.

5. Spray oil over outside of the sandwiches and grill in grill pan on medium heat for at least 5 minutes, turning halfway just until browned and the cheese begins to melt.

Health Solutions

Chickpeas are here to stay



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Chickpeas are the new chia — the health food of the future — and with good reason. They are easily grown, full of protein and as versatile as they are delicious.

Tossed into pasta or salad right from the can or sautéed in any seasoning from Indian curry to Lebanese lemon and mint, chickpeas add fibre, minerals, protein and crunch to any meal.

Hummus is a key food in today's cart and, according to Susan Niczowski, founder of Canada's own Summer Fresh Salads, it can be used in countless more ways than simply as a dip. Think about using a variety of flavours of hummus to:

- Spread onto chicken or fish before baking.
- Thin with vinegar and lemon juice to make a salad dressing.
- Spread into a sandwich in place of high fat, no fibre, no protein mayo.
- Stir into an omelette for a flavour flair.
- Mix with grated cheese and marinated artichokes and warm as a bread spread.

The diet leader, no matter which study you read, is the Mediterranean diet and it indicates more beans, less meat and much more fibre. Here is your single-handed helper.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Wingmen for hire: Find love through fake friends

New-age dating solution. These shameless, selfless 'lovepreneurs' can help shy, undiscovered catches out there meet new people and form relationships

KIERON MONKS
Metro World News

Thomas Edwards, founder of The Professional Wingman, with a client. CONTRIBUTED

You're hot, funny and successful, but no one knows because you don't know how to meet people. Enter the wingmen: romantic fixers who play the role of best friend to get you started with the perfect partner.

"It's three things that make a wingman," says Thomas Edwards, 28, founder of U.S. firm The Professional Wingman.

"You have to be selfless enough to go to any lengths for a client, shameless enough not to worry about rejection, and you have to be able to make them seem amazing." For $125 an hour, Edwards and his team take clients to likely social venues and get them talking to desirable targets, before providing real-time feedback on how to improve their game.

"Whether clients are aged 21 or 63, there are behaviour patterns that stop them making connections. Our job is to break them down and build them up again — often their closest friends don't recognize them after." The "lovepreneur" started the business to get over his own heartache and has developed a stellar reputation, with many clients now married; Barack Obama is among his Twitter followers.

Edwards' business model has inspired similar companies across the world, including services for women and gay people. While online dating has become a multi-billion dollar industry, Edwards believes it benefits rather than competes with him.

The wingman's creed

"You have to be selfless enough to go to any lengths for a client, shameless enough not to worry about rejection, and you have to be able to make them seem amazing."

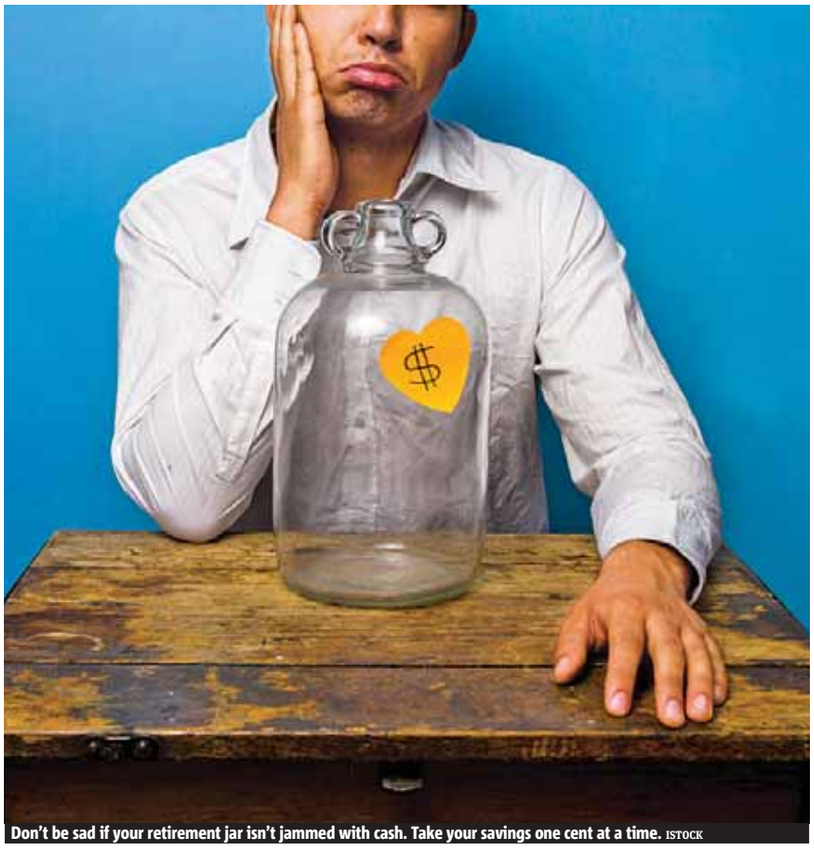
Thomas Edwards, the founder of U.S. firm The Professional Wingman
On what the job of a pro wingman entails

"It creates a need for skills like mine. If you don't talk to real people your personal skills start to atrophy."

The Positive Psychology Institute is convinced, reporting that wingmen "help to alleviate nerves or pressure … and give perspective on the date".

User reviews are also positive, with feedback thanking Edwards for "brilliant solutions" and "awesome advice."

It seems the wingmen will be flying high for a time yet — so don't be alarmed if one flies over during a romantic dinner.



Don't be sad if your retirement jar isn't jammed with cash. Take your savings one cent at a time. ISTOCK

Pause at the piggy bank: Slow but steady wins the race to retirement

A full wallet après-work. It may not be all be yachts and time-share, but there are ways to assure that you relax into retirement

JON STEIN
Metro World News

If your retirement account is more goose egg than nest egg, you're not alone — especially if you're in your 30s or 40s.

Between 2007 and 2010, Gen Xers lost nearly half their wealth — an average of $33,000 per household — according to a recent study from Pew Charitable Trusts. Ouch. Luckily, it's not too late to turn things around. Let's get started.

Don't think about saving

You may not be broke, but living in a major city will stretch most paychecks. So don't focus on spending less right now, but saving first. The best way to do that? Make it automatic. Behavioural finance research shows that if you set up a regular, automatic transfer to your savings or retirement account — or have your employer do it for you — you'll be amazed at how quickly your savings will add up.

Glad you're nodding! Now do something. Set a reminder on your calendar or phone (research shows these alerts help, too).

Be smart about where you save

If you have a pension plan or something similar at work, start saving here, no matter what. Save as much as you can, especially if your employer offers a match. If you don't have access through your employer — many people don't — you can open your own RRSP.

Take the long view

If investing your hard-earned money into stocks, bonds and mutual or index funds sounds scary, that's a natural fear.

- Here's what you need to look for: Low fees, index funds (which are also typically low- cost), and no "get-rich-quick" promises Above all, don't let uncertainty stop you from moving forward.

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Manager Clint Hurdle and outfielder Starling Marte celebrate clinching a playoff berth after defeating the Cubs on Sept. 23 in Chicago. BRIAN KERSEY/GETTY IMAGES

Hurdle has Pirates aboard winning ship

MLB. Bucs manager has ushered in a successful culture culminating in wild-card game vs. Reds

Quoted

"Guys came here toward the end of their career, saying they can have a big year so they can go somewhere else."

Andrew McCutchen says the Pirates are a team players are excited to play for because of their winnings ways, though that's not how it has always been.

Where most saw misery and chaos, Clint Hurdle saw something else entirely.

The day Hurdle took over as the Pittsburgh Pirates manager in December 2010, he spoke about electrifying the city. He preached optimism, then went out and practised it every day while talking about a vision that went far beyond returning a moribund franchise to respectability.

It's why Hurdle isn't satisfied after leading Pittsburgh to a 94-68 record and its first playoff berth in 21 years. It's why he doesn't view Tuesday night's wild-card game against Cincinnati as the culmination of three years of patience, progress and pragmatism.

Press Hurdle on how detailed he allowed his vision to get and he leans forward for emphasis.

"To win a sixth World Series," he said.

First things first.

The team that spent all summer defying expectations now must find a way to do it again when it hosts the first playoff game in Pittsburgh in 7,660 days. Coming off a weekend sweep in Cincinnati that gave the Pirates home-field advantage for the one-and-done wild card, Pittsburgh has to press reset while trying not to get caught up in the kind of hype not seen in the city since Barry Bonds bolted for San Francisco 21 years ago.

"What happened over the weekend," Hurdle said, "doesn't matter."

THE ASSOCIATED PRESS

MLB

Hearing on A-Rod suspension starts before arbitrator

The grievance to overturn Alex Rodriguez's 211-game suspension began Monday before arbitrator Fredric Horowitz.

The New York Yankees third baseman was wearing a business suit and accompanied by lawyers when he arrived for the session at Major League Baseball's headquarters in midtown Manhattan.

A three-time AL MVP, Rodriguez was suspended Aug. 5 for alleged violations of baseball's drug agreement and labour contract. Because he's a first offender under the drug program and the players' association filed a grievance to force an appeal, a suspension can't start until it is upheld by an arbitrator. THE ASSOCIATED PRESS

MLB

Cubs can Sveum

The Chicago Cubs fired manager Dale Sveum on Monday after finishing last in the NL Central for the first time in seven years, ending a two-year run that produced more losses than any other in the team's cursed history.

The Cubs went 61-101 in Sveum's first season, and things weren't much better this year. The Cubs dropped 41 of their final 59 games, including six of their final seven. They finished 66-96 and Sveum went 127-197 in his two seasons at the helm. He had one year left on a three-year deal signed before the 2012 season.

THE ASSOCIATED PRESS

NHL proactive on concussion front: Daneyko

Former Devils enforcer Ken Daneyko, top, understands the game had to evolve to spare the health of its players. THE ASSOCIATED PRESS FILE

Known as "Mr. Devil," Ken Daneyko lost front teeth playing hockey, had a pretty stout fight card, and often displayed ruthless aggression en route to winning the Stanley Cup three times.

He laments the fading of the pure "enforcer" role, and the on-ice code of justice that was so ingrained in hockey's culture.

But Daneyko, who spent 20 years with the New Jersey Devils, understands the game had to evolve. The elbows to the head, the vicious checks, the cheap shots absorbed for most players not long after they were toddlers on skates add up, and take a brutal toll on a man's health.

While the game is still violent, it clearly has changed. With a greater emphasis on head injury awareness these days — in all sports — it pretty much had to.

"I know certain guys have had some serious head injuries over the years," Daneyko said. "But we play a game with a lot of risk. We understood that at the time. I knew the risks. I played the game hard and got out of it — fortunately — relatively unscathed."

Daneyko, who is now a television analyst for the Devils, believes the NHL should get credit for rules changes that addressed player safety.

"The league continues to do everything they can to protect players," Daneyko said. "We didn't even know about concussions back then, really. Our trainers' diagnosis would be, 'If you see three, take the guy in the middle.'"

THE ASSOCIATED PRESS

Off-season changes linger ahead of opener

NHL. 2013-14 Sens will get first chance to prove themselves on Friday in Buffalo

PATRYK FOURNIER
ottawa@metronews.ca

From left: Bobby Ryan, Milan Michalek and Chris Phillips will be looked upon to fill leadership roles in Daniel Alfredsson's absence. JANA CHYTILOVA/FREESTYLE PHOTOGRAPHY/GETTY IMAGES

Preparation for a new NHL season is full of battles, like those in training camp over roster spots.

For the Senators their battles have spilled off the ice.

Sens owner Eugene Melynk has pitted himself against the City of Ottawa in a public battle over the placement of a casino and the potential for increased revenue opportunities. And the Sens and their ex-captain Daniel Alfredsson engaged in an ugly public-relations battle over who was at fault in the exit of a local hockey deity.

Post-Alfie, the team left behind in this is young and cost-effective; the Sens had the third-youngest roster in the NHL last season and will have the third-lowest payroll entering this season. Their roster will only have five players over the age of 30, including new team captain Jason Spezza.

Spezza is entering his 11th season, coming off an injury-plagued campaign that saw him play only five regular season games. Spezza, along with off-season acquisition Bobby Ryan, will be counted on to carry the offensive firepower up front.

On the back-end, Erik Karlsson will be counted on to regain his pre-Achilles injury form. When the Senators open their season on Friday in Buffalo, Erik Karlsson will be nearly eight months removed from the injury; at full health he's one of the most dynamic players in the league.

Because the NHL's realignment resulted in a 16-team Eastern Conference and a 14-team Western Conference, the task of securing one of eight available playoff positions will be more difficult for the Senators and their fellow Eastern teams.

Ottawa is part of the newly minted Atlantic Division, along with familiar rivals Montreal and Toronto.

Sens storylines

- **Opening on the road.** Ottawa starts their season with six games on the road before finally playing at the Canadian Tire Centre on October 17th against the New Jersey Devils.
- **Olympic Break.** The Sens may have as many as six potential Olympians heading to Sochi for national duty.
- **No. 11 returns.** Mark Dec. 1 on your calendars: Daniel Alfredsson and the Red Wings will be in town for the first time this season.
- **Bobby Ryan.** There are high expectations that the former 2nd-overall draft pick and four-time 30-goal scorer with the Anaheim Ducks will flourish into an impact player and develop chemistry with Jason Spezza.

Adding size to the rivalry.
Parros gives Habs big body for clash with Leafs

George Parros will get a taste of the Canadiens-Leafs rivalry right off the bat.

The veteran enforcer who joined Montreal this summer has been declared fit to play in the NHL season opener against Toronto on Tuesday night at the Bell Centre.

With Leafs tough guy Frazer McLaren out with a broken finger, some are making wagers on how long it will take Parros to tangle with one of Toronto's other enforcers, like Colton Orr.

"It's a big game and I'm looking forward to it," Parros said Monday. "I had no preseason games, but you've got to jump in at some point.

"It's a source of pride for me to be back on time. And given the nature of the game — the first game at home against a rival like that — I think it's going to be fun."

Parros had off-season shoulder surgery and wasn't certain to be ready, but rehab went better than expected.

Montreal hopes the six-foot-five right winger will even out the imbalance in size and grit the Canadiens, a smaller team that thrives on quickness, have endured against some teams in recent years.

THE CANADIAN PRESS

Flip-flopping bassist

"Right now I'm going to say the Maple Leafs, but when we land in Montreal I'll say the Habs. We're Switzerland."

Bassist Jared Followill of American rock band Kings of Leon, who will play Monday's Molson Canadian NHL Face-Off concert in Montreal

Roster decisions

Youngsters Rielly, Ashton land spots on Leafs

Morgan Rielly knew he made the Toronto Maple Leafs when he arrived at Air Canada Centre on Monday morning.

"All my hockey gear was here still," he said. "So it's a good feeling."

The 19-year-old defenceman impressed enough in training camp to earn a spot on the roster to start the season, along with 22-year-old winger Carter Ashton.

THE CANADIAN PRESS

Rule ratification

Players OK changes to icing

Hybrid icing will be in effect for the start of the regular season after it was approved by the players.

The NHLPA gave the go-ahead for the rule change that makes icing a race to an imaginary line across the faceoff dots instead of the puck, which was given a trial run during the pre-season. The goal is to prevent serious injuries, like the one that sidelined Carolina Hurricanes defenceman Joni Pitkanen for the entire season.

THE CANADIAN PRESS

Sens hungry for more playoff success

THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

An injury to Erik Karlsson surely had something to do with the Sens' offence ranking a lowly 27th last season. GETTY IMAGES FILE

It's the dawn of a new era in Ottawa, one that does not include Daniel Alfredsson. Much to fans' dismay, the Senators icon shocked the hockey world by winging it to the Motor City. However, all is not lost for the Sens. GM Bryan Murray has assembled a roster that is not only playoff worthy, but a legitimate contender to take home the Atlantic Division crown.

If there was an Achilles' heel last season — no pun intended, Erik Karlsson — it was the club's 27th-ranked offence. In what was deemed a high-risk, high-reward trade, Murray addressed that need by acquiring four-time 30-goal scorer Bobby Ryan from the Ducks. The risk: dealing the future that included solid rookie Jakob Silfverberg. However, the GM netted the explosive winger for the present. The 26-year-old gives playmaking centre Jason Spezza the elite marksman that he's missed since Dany Heatley's back-to-back 50-goal campaigns.

Free agent Clarke MacArthur was also added from arch-rival Toronto. While MacArthur won't replace Alfie's leadership, the 28-year-old capably fills a second-line slot on Kyle Turris's wing. These two additions alone will boost offensive numbers.

More good news for the offence: Milan Michalek's knee is holding up well. But probably best of all, Karlsson has proclaimed he's healthy. Over the past two seasons, no NHL blue-liner has come close to the Norris Trophy winner's 92 points — this despite missing a good portion of last year.

The 23-year-old leads an upcoming core on the back end. Jared Cowen, who missed a majority of the last campaign himself, recently inked a four-year deal. Marc Methot, meantime, was a Canadian Olympic Orientation invitee.

The Senators are also stacked in the crease. The duo of Craig Anderson and Robin Lehner are among the league's best duos. Despite being snubbed as a Vezina Trophy finalist, Anderson led the NHL with a 1.69 goals-against average and .941 save percentage.

The Senators will try to build on their first playoff-round victory since 2007. Now that this group has tasted post-season success, they're hungry for more.

With Alfie gone, the torch has been passed to Spezza to show them the way.

Three Senators to watch

Clarke MacArthur

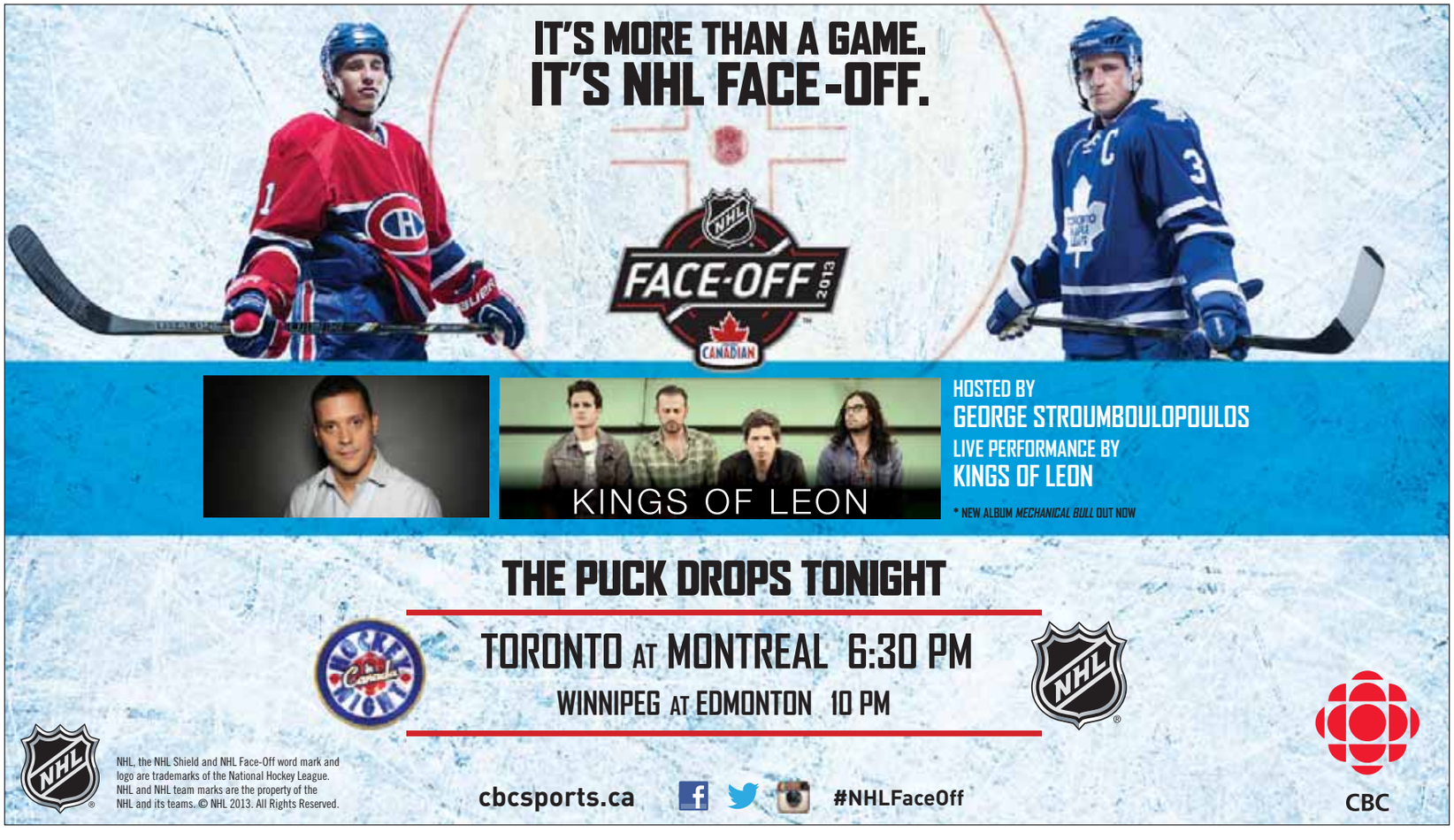
Many fans were upset when GM Bryan Murray plucked free agent MacArthur from the Leafs. While the 28-year-old won't replace Daniel Alfredsson the leader, the past three seasons MacArthur outscored Alfie 125 points to 116. His ability to play both wings gives Paul MacLean options up front.

Jean-Gabriel Pageau

After scoring only seven goals in 69 games with AHL Binghamton, the Gatineau native tallied six in just 19 NHL games, including a memorable playoff hat trick. The five-foot-nine, 163-pounder may be slight in stature, but is not afraid to get his nose dirty. MacLean will have a hard time keeping the 20-year-old out of the lineup.

Patrick Wiercioch

Adept passing ability lands Wiercioch a point spot on the No. 1 power-play unit. Playing alongside Erik Karlsson on the PP makes the 23-year-old a fantasy-pool sleeper. The six-foot-five, 205-pounder has been the club's most improved player the past two seasons.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Horoscopes

♈ Aries
March 21 - April 20
You could end up spending a small fortune today because you are looking for ways to cheer yourself up. Feeling good about yourself has nothing to do with money and everything to do with attitude.

♉ Taurus
April 21 - May 21
With Venus, your ruling planet, moving through your opposite sign of Scorpio, you don't need to force things today. You only need power of persuasion — sweet words will get you everything you need.

♊ Gemini
May 22 - June 21
There is no such thing as something for nothing and you will need to remind yourself of that several times today. Having said that, there are still a lot of generous souls out there.

♋ Cancer
June 22 - July 23
This is a fortunate time for you and you should milk it for all it is worth. Use your head today but listen to your heart as well. Get the balance right and you can do no wrong.

♌ Leo
July 24 - Aug. 23
If you need to make amends for something you did or said that you now regret, do it today. You don't have to make a big show of it but you do have to be sincere. Others will know if you don't mean it.

♍ Virgo
Aug. 24 - Sept. 23
You can do no wrong and even your bitterest rivals want to see you do well. Can you believe that? You should, because it's true. Everything will go right for you today — enjoy it.

♎ Libra
Sept. 24 - Oct. 23
You are in a generous mood, which is nice. But it could also be dangerous if you give to those who don't really deserve it. Make sure your largesse goes to the right people.

♏ Scorpio
Oct. 24 - Nov. 22
The decisions you make over the next 24 hours will cause ripples, small ones that then spread out and have consequences far and wide. Make it your aim to change your world, for the better.

♐ Sagittarius
Nov. 23 - Dec. 21
Sudden events will force you to change direction maybe several times over the next few days. Being an adventurous Sag, you enjoy change so don't be fazed — be delighted!

♑ Capricorn
Dec. 22 - Jan. 20
You may not approve of what a friend is trying to do but it is not your business to tell them it isn't allowed. Everyone has freedom of choice and you must respect that.

♒ Aquarius
Jan. 21 - Feb. 19
Someone important is looking at you and and clearly like what they see. They will like it even more if you are modest and don't make a big noise about your success. How likely is that?

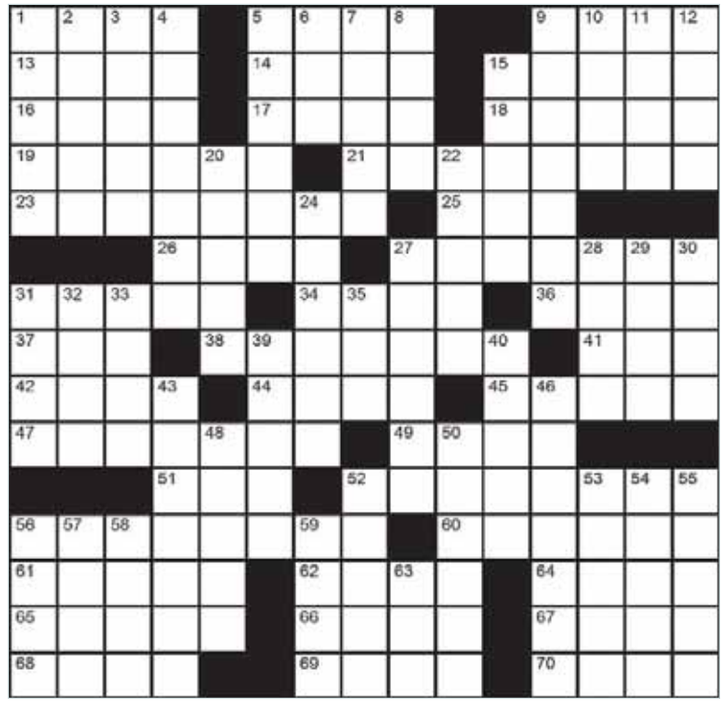
♓ Pisces
Feb. 20 - March 20
Save your energy for the things that really matter. What are they? They are the things that give your life meaning. Success is important, of course, but don't neglect your "spiritual" side. Aim to be a better person.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



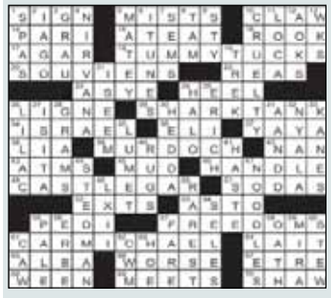
Across

1. Shortened sandwiches
5. Ticket tidbit
9. Thickening gum
13. Handled easily, as a ship
14. Hair hues, sometimes
15. Health: French
16. Nameless [abbr.]
17. Joke reaction
18. Gladiator's 2003
19. Edmonton-born hockey star Jarome
21. Reigning without losses
23. __ In Motion (BlackBerry, once)
25. Vodka, e.g.
26. Waiter's prop
27. Nigel of TV talent
31. The Divine Comedy writer
34. Actor, Scott __
36. Garner
37. 'Advert' suffix
38. Get supplies: 2 wds.
41. "The Hunt for __ October" (1990)
42. Saturate
44. "The '__ 'e knows above a bit, the bullock's but a fool..." - Rudyard Kipling
45. Chasm
47. Popular sport
49. Unaccompanied
51. UK record label
52. New Brunswick attraction, __ Rocks
56. Luxury 'house' of France
60. The Merchant of Venice character
61. __ acid
62. Dog, with Lhasa
64. Composer Mr. Berlin, et al.
65. Badger
66. Soaks flax
67. Night: French
68. Classic record label
69. Sister on "Charmed"
70. Mil. titles

Down

1. Way to travel: 2 wds.
2. Actress Jessica
3. Three: French
4. Mack __ (Canadian filmmaker known for his Keystone Kops movies)
5. Big desert
6. Travel screening gr.
7. "Yup."
8. "Touched __ Angel": 2 wds.
9. Central character in Louise Penny's Quebec-set mystery novels, Chief Inspector Armand __
10. Portion
11. End in __ (Draw): 2 wds.
12. Harness
15. Extract metal from ore
20. Guardians in ancient Rome
22. CCR's "Born on the __"
24. Robotically-enhanced Sci-Fi human
27. "It's done this way...": 2 wds.
28. Jackson 5 hometown in Indiana
29. Mining discoveries
30. Breaks off
31. 'D' of CD, variantly
32. Not worth __ (Without value)
33. Close
35. House-coolers in windows, briefly
39. Music chord type
40. Archaeology-style of prefix
43. Tissues brand
46. Canadian retailer, established in 1811 in Newfoundland
48. 1986 Tony-winning Best Play, __ Rappaport: 2 wds.
50. Fight
52. Overly active
53. "The _! __ Hollywood Story"
54. "__' on a Prayer" by Bon Jovi
55. Holds up
56. Schmoozes
57. "How _ __ Your Mother"
58. Traveller's documentation
59. Large instrument
63. Alphabetic trio

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

5	7	3	8	6	1	4	9	2
6	9	4	7	2	3	8	1	5
2	8	1	5	4	9	7	3	6
7	3	5	4	1	6	9	2	8
8	1	6	9	7	2	5	4	3
4	2	9	3	5	8	1	6	7
9	4	8	6	3	7	2	5	1
3	5	2	1	8	4	6	7	9
1	6	7	2	9	5	3	8	4

7			3		8			
1	8						3	4
	9			6		7		
	4		8	7				6
		7				2		
2				5	9		4	
		8		4			7	
6	5						9	3
			9		6			2

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23°/13°
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Wednesday
23°/11°
Sunny
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Check the 14 day trend.
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